SCOWW Thermal Plan

Our swims historically experience temperatures anywhere in the range of 57 degrees to 64 degrees Farenheit. We always discuss these conditions and their danger during our pre-race meetings w/ required attendance by all participants.

The cold water conditions are noted in our entry forms, talked about before the races, and the Roughwater's logo includes a dripping wet polar bear. More recently we have become more and more encouraging to participants to wear wetsuits (especially first time swimmers).

While not impossible, acclimation to these cold water conditions are highly un-likely unless swimmers live near, or travel consistently to the Northern California Coast, and immerse themselves for the amount of time needed to complete the courses entered. As noted above, in cases like these we strongly recommend the wearing of a wetsuit (and have started to include wetsuit swimmers as eligible for awards).

If conditions warrant, we can (and have), changed the course, reduced the distance, or even cancelled the race.

Our races always have Santa Cruz City Lifeguards on hand, as well as hot showers at lifeguard headquarters on the wharf. Sunday's 2 mile swim includes the stocking of sleeping bags, solar reflectors, and blankets, the availability of hot beverages, and cold-water savy volunteers. We always have recent temperature information for the swims (as well as water quality information), and discuss this in the pre-race meetings.